### Sample Menu

# Tips for Feeding Your Child

# Foods for Your Child

1-3 years



TIPS FOR

### Breakfast

1 hard-boiled egg
2 cup milk

### Snack

2-3 graham crackers ½ cup orange juice

### Lunch

1/2 turkey sandwich
1 slice cheese
1/4 cup green beans
1/2 banana
1/2 cup milk

### Snack

1/3 cup dry cereal I cup water

### Dinner

I oz.chicken

4 cup cooked carrots

4 cup plain noodles

2 cup milk

4 cup diced peaches

If your child gets thirsty in between meals and snacks, offer water instead of juice, milk, Kool-Aid®, sports drinks, or soda.

- Mealtime should be a relaxed and happy time. Set a good example for your children.
- Let your child's appetite be your guide. Don't force your child to eat. It is normal for your child's appetite to vary from day to day. Don't be too concerned if your child is fussy and refuses to eat.
- Expect your child's growth and appetite to slow down around 2 years of age.
- Tastes change. Foods once refused may later be accepted. Keep offering different foods to your child.
- Ouring the preschool years, your child may want to eat the same foods for several days. Don't worry; usually these "food jags" are short lived.
- Active play and exercise should be encouraged everyday. This helps your child grow in a healthy way.

Adapted from the Tennessee Department of Health by New Jersey WIC Services 2003





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### What is a Child-Size Serving?

## FOOD GUIDE PYRAMID

#### Grains



1/3 cup dry cereal 2 to 3 crackers



### Vegetables

1/3 cup raw vegetables 1/4 cup cooked vegetables



### Fruits

½ cup fruit juice I small fruit or ¼ cup



### Milk

½ cup milk or yogurt ¾ oz.cheese ¾ cup ice cream ½ cup frozen yogurt

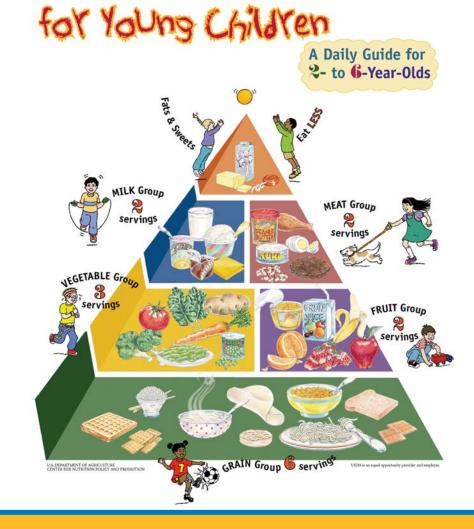


### Meat

loz.meat, poultry, or fish legg ½ cup cooked beans or peas

Serve the above child-size servings. Let your child ask for seconds.

Nuts, peanut butter, raisins, popcorn, whole grapes, and hot dogs can cause choking and are not recommended for children under three years of age.



#### REMEMBER:

Your child may need more servings than the general recommendations. The dairy servings on this pyramid are based on I cup portions. Therefore 2 servings would equal four 1/2 cup portions.

Ask your nutritionist what number of servings is right for your child.